

For immediate Release

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60 Minutes Can Change a Life

(Augusta- September 29, 2007) Senior Spectrum, your path to living well, is asking for Meals on Wheels community help. In the amount of time it may take you to get home during rush hour, or have a pizza delivered, you can make a real impact on the life of a homebound elderly or disabled individual in your neighborhood.

You've probably heard of Meals on Wheels. Perhaps someone in your family, or a neighbor has received our services. But have you ever considered volunteering? For as little as 60 minutes per week, you can provide food and friendship to those who cannot cook or shop for themselves.

You can make a real difference. Since 1967 Senior Spectrum volunteers have been delivering nutritious meals to homebound elderly and disabled individuals throughout central Maine.

Our goal is to see our meal consumers maintain their independence and quality of life that can only come from being in *one's own home*. Our compassionate and dedicated volunteers make up the heart and hands of our organization allowing us to deliver nearly 1,000 meals daily. To continue doing so, we need your help. Volunteer today, and make a difference in your community. Call 1-800-282-0764 or e-mail [skearns@Senior Spectrum.com](mailto:skearns@SeniorSpectrum.com)

The public is invited to call the Agency's Consumer Helpline at 1-800-639-1553 for more details, or to join the Senior Spectrum Volunteer Corps. The Agency's web site is located at

www.seniorspectrum.com